

# Yoga, Dance & Fitness Center, LLC

May 2023

STUDIO A CLASS SCHEDULE (Studio B Schedule on Next Page)

Register on [www.ydfcenter.com](http://www.ydfcenter.com)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Rise & Shine Yoga David Borrino 6:00am Studio A		Rise & Shine Yoga David Borrino 6:00am Studio A		All Levels Yoga Laura Fetzer 7:30am Studio A	
All Levels Yoga Laura Fetzer 8:00am Studio A	Rise & Shine Yoga David Borrino 8:00am Studio A		Rise & Shine Yoga David Borrino 8:00am Studio A	Yoga for Strength Laura Fetzer 8:00am Studio A	Zumba Step Taylor Kelly 9:00am Studio A	
Power Vinyasa Yoga Brittney Mihalich 9:30am Studio A	Pilates/Barre Blend Kate Wattenmaker 9:30am Studio A	Power Vinyasa Yoga Kalli K. 9:30am Studio A		Pilates Kate Wattenmaker 10:00am Studio A	Gentle Flow Yoga Rachel Little 10:15am Studio A	Community Yoga Various Teachers 10:30am Studio A
						Pilates Kate Wattenmaker 3:00pm Studio A
Pilates Laura Namnoun 5:30pm Studio A	Power Vinyasa Yoga Laura Fetzer 5:30pm Studio A	Ballet Barre Andrea McKay 5:30pm Studio A	Kripalu Hatha Yoga- Level 1 Diane Massey 5:00pm Studio A			NIA Kate Wattenmaker 4:00pm Studio A
Gentle Flow Yoga Rachel Little 6:30pm Studio A	NIA Kate Wattenmaker 6:45pm Studio A	Restorative Yoga Rachel Little 6:30pm Studio A	Zumba Toning Taylor Kelly 6:15pm Studio A	<p>Studio A &amp; B are available for Private Sessions, Special Events &amp; Workshops Friday afternoons and evenings.</p>	<p>Key: Blue = Yoga Purple = Dance Green = Fitness/Other</p> <p>Studio A: Ste. 206 (upstairs) Studio B: Ste. 11 (downstairs)</p> <p>*Indicates the class is offered as a limited 6-week session</p>	
	Intermediate/Advanced Belly Dance Andrea McKay 8:00pm Studio A		Les Mills Combat Meg Atwood 7:15pm Studio A			

# Yoga, Dance & Fitness Center, LLC

## STUDIO B CLASS SCHEDULE

Register on [www.ydfcenter.com](http://www.ydfcenter.com)

May 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						Stretch & Shimmy Andrea McKay 10:30am Studio B
				Intro to Hula Hooping* Andrea McKay 5:30pm Studio B		
		Beginner Belly Dance Andrea McKay 6:30pm Studio B		Studio A & B are available for Private Sessions, Special Events & Workshops Friday afternoons and evenings	Key: Blue = Yoga Purple = Dance Green = Fitness/Other  Studio A: Ste. 206 (upstairs) Studio B: Ste. 11 (downstairs)  *Indicates the class is offered as a limited 6-week session	
Beginner/Intermediate Hula Hooping Andrea McKay 6:30pm Studio B		Jazz and Hip Hop Angela Martin 7:30pm Studio B				